

SQUEEZE PROTOCOL - 2X PER SESSION - 3X PER WEEK

DRILLS	SETS	REPS	HOLD TIME
SINGLE HAND HOLDS	1	5 EACH HAND	5 SECONDS
TWO HAND HOLDS	1	5	5 SECONDS
QUICK BURSTS	5	5	
REST FOR 60-90 SECONDS			
NON-DOMINANT SWINGS	1	10	
REST FOR 60-90 SECONDS			
DOMINANT SWINGS	1	10	
REST FOR 60-90 SECONDS			

DRILL DESCRIPTIONS

Single Hand Holds

Hold the club with the squeeze installed about 6 inches off the ground. Grip the club in the center of the squeeze with your lead hand. Squeeze aggressively for 5 seconds then release. Switch to your trail hand and repeat the 5 second squeeze.

Two Hand Holds

Hold the club in your normal golf stance position with the club on the ground. Grip the club with your normal golf grip or a ten finger grip. With both hands at the same time, squeeze the grip aggressively and hold for 5 seconds then release. Rest for 5 seconds and then repeat.

Quick Bursts

Hold the club in your normal golf stance position with the club on the ground. Grip the club with your normal golf grip or a ten finger grip. Do 5 quick burst squeezes and then rest for 5 seconds. Repeat this process 5 times.

Non-Dominant Swings

Make 10 swings in the non-dominant direction. For the first 5 swings, focus on squeezing aggressively on the grip and gradually speed up from about 50% to about 75%. For the last five swings, focus on making the club move as fast as possible.

Dominant Swings

Make 10 swings in the dominant direction. For the first 5 swings, focus on squeezing aggressively on the grip and gradually speed up from about 50% to about 75%. For the last five swings, focus on making the club move as fast as possible.